

# ***News from the Wyoming Department of Health***

Monday, October 26, 2009

## **Worksite Wellness Workshops Planned Across State**

Wyoming employers are invited to participate in workshops being offered around the state to help them move forward in worksite health promotion.

Sponsored by the Wyoming Department of Health, nine workshops will be offered in November and December. Sessions are set for November 10 in Riverton, November 12 in Worland, November 13 in Cody, November 17 and 18 in Cheyenne, November 19 in Laramie, December 1 in Casper, December 2 in Gillette and December 3 in Sheridan. Additional workshops are planned for Rock Springs, Jackson and Evanston in 2010.

“A solid health and wellness strategy is a sound investment for any organization,” said Dave Ivester, Heart Disease and Stroke Prevention Program manager with the Wyoming Department of Health. “Dividends include more job satisfaction among employees and potential healthcare savings down the line.”

Workshop leaders will help attendees create a plan of action, define customized evaluation steps, walk away with support from peers and leading professionals and develop a well workplace checklist. Each session will be about three hours. The \$20 cost covers lunch and a take-home resources toolkit. Workshops will be limited to 30 participants; pre-registration is required.

“The workshops are only the beginning,” Ivester said. Upon attendance and completion of a workshop employers may engage in individual support from TwoMedicine’s professional wellness staff in accordance to the collaboration with the Wyoming Department of Health.

To offer the workshop series and follow up support, the department is partnering with TwoMedicine Health and Financial Fitness, a worksite preventive health strategies firm serving organizations across the western United States.

For more information or to pre-register, contact Barbara Gledhill at TwoMedicine Health and Financial Fitness at 1-888-582-9002.

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